

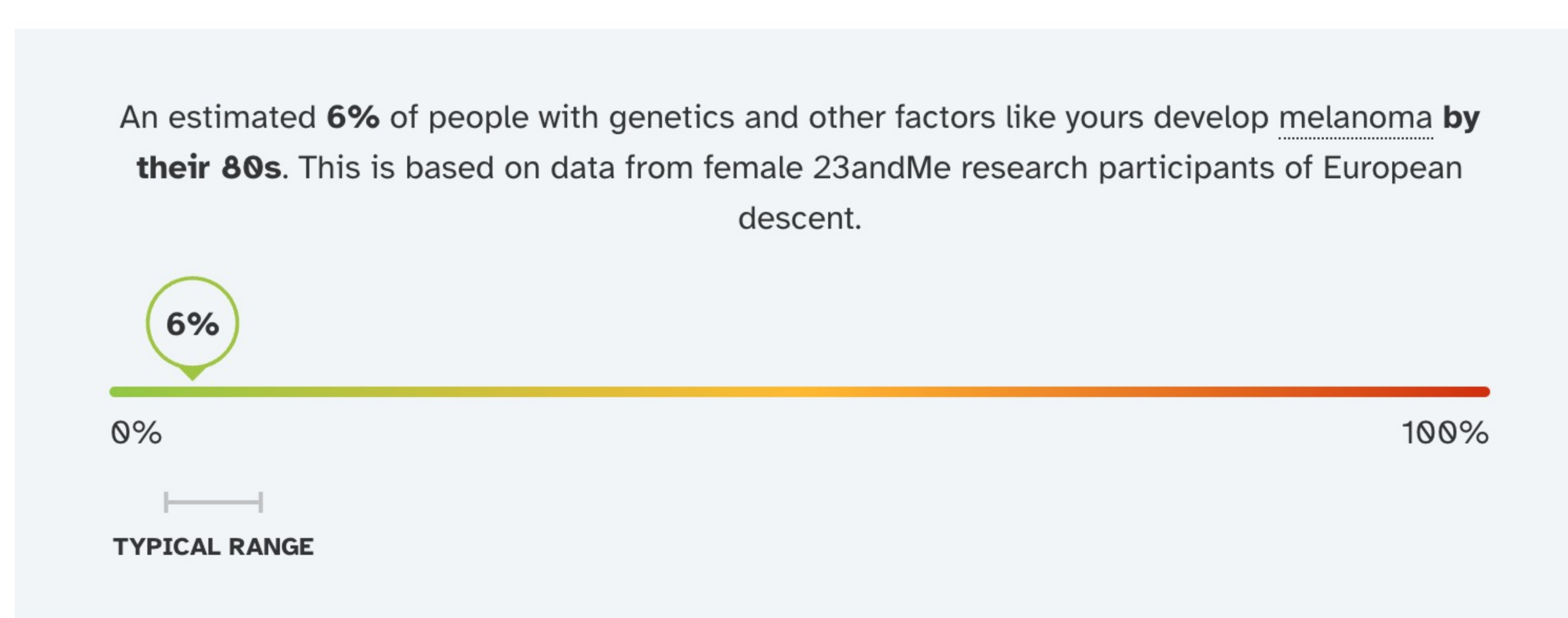
# Skin Cancer (Melanoma)

POWERED BY 23ANDME RESEARCH

Melanoma is the most serious type of skin cancer. Many cases can be prevented by protecting the skin from harmful ultraviolet (UV) rays. When melanoma is detected at an early stage, it can be easier to treat.



Jamie, your genetic result is associated with a **typical likelihood** of developing melanoma.



This estimate is based on currently available data and may be updated over time.

## Ways to take action

Your overall likelihood of developing melanoma also depends on other factors, including lifestyle. Experts agree that protecting your skin from harmful ultraviolet (UV) rays can help lower the chances of developing melanoma, especially for those with lighter skin.

- Wear sunscreen products labeled "broad spectrum" year-round while outdoors, even when it's cloudy
- Wear protective clothing while outside (including a hat and long sleeves)
- Seek shade when possible, especially during peak sun hours (typically between 10am and 4pm)
- Avoid tanning beds



In addition, melanoma is usually easier to treat when it's caught in earlier stages. Experts recommend knowing the **ABCDEs of melanoma** and performing a **skin self-exam** about once a month. It's important to keep an eye on your skin and talk to a healthcare professional like a dermatologist if you notice any changes, including new or changed moles, bumps, or sores. You can also talk to a doctor about whether getting a regular skin check from a dermatologist is right for you.

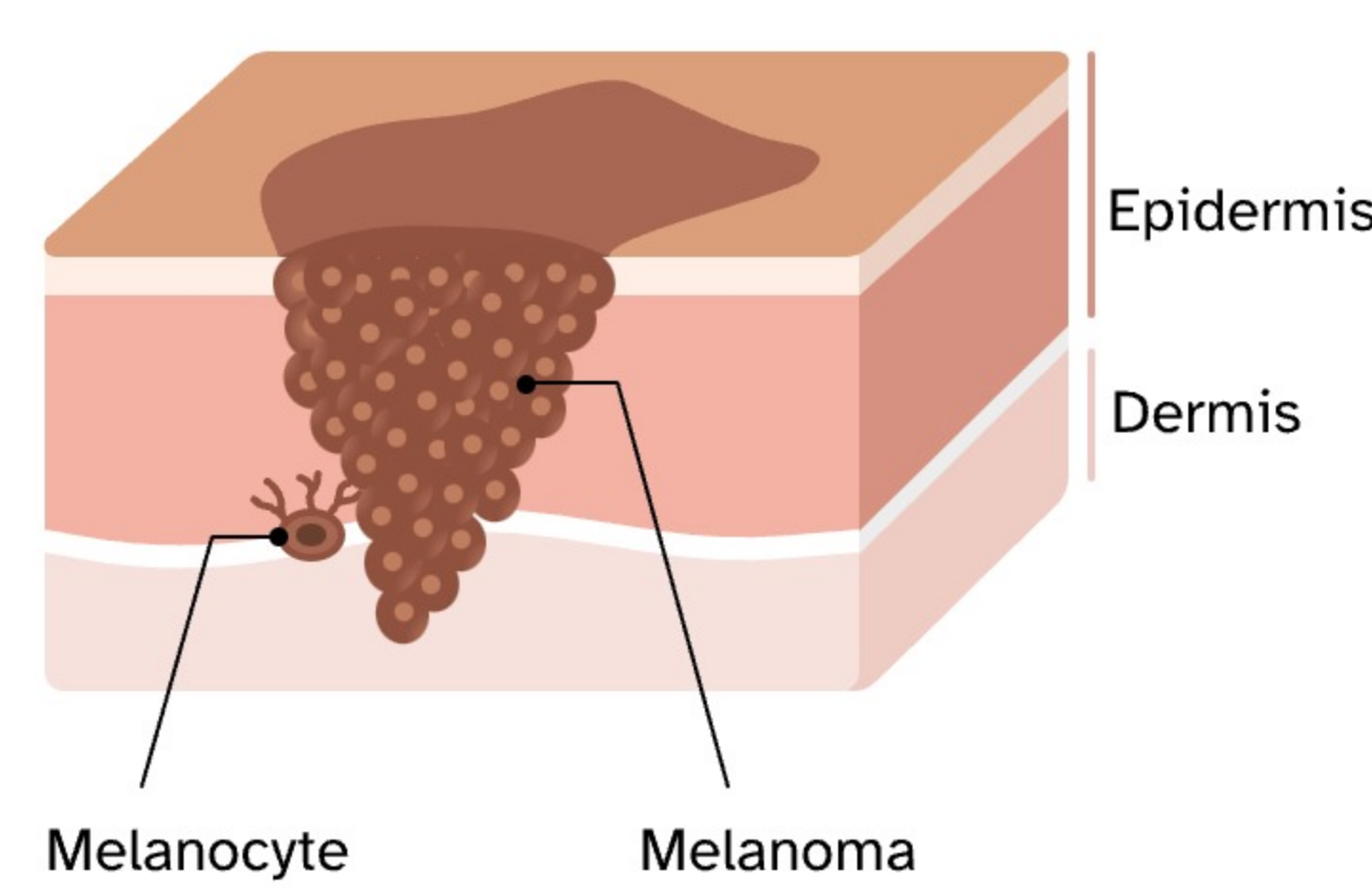
[Learn more from the American Cancer Society](#)

## About melanoma

### What is melanoma?

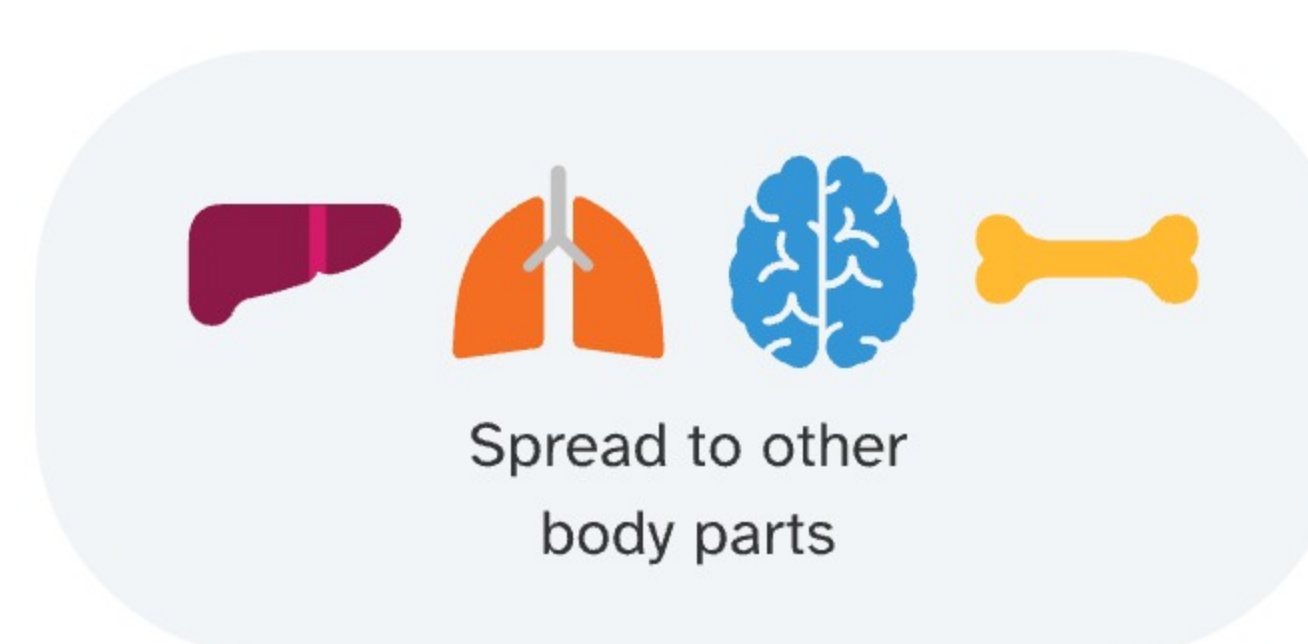
Melanoma is the most serious type of skin cancer. It begins in melanocytes, which are cells that make melanin — the pigment that gives the skin its color. The most common cause of melanoma is too much exposure to ultraviolet (UV) light from the sun (including through clouds and glass windows). In addition, UV light exposure from tanning beds and sun lamps increases the chances of developing melanoma.

Melanoma usually develops on areas of skin that get a lot of sun exposure. The most common locations include the head, back, arms, and legs. However, it can also develop on other parts of the body that don't get a lot of sun exposure, including the soles of the feet, the palms, and under the fingernails, especially for people with darker skin. There are also forms of melanoma that develop in places other than the skin, including the eyes and mucous membranes like the inside of the mouth. Melanoma can appear in many ways, including a change to an existing mole or the development of a new spot that looks like a mole or growth on the skin.



### How can melanoma impact your health?

If not caught early, melanoma is more likely than other types of skin cancer to spread to other parts of the body, such as the lungs, liver, brain, and bones. This can cause serious complications that can be life-threatening. But when caught at an early stage, the risk of spreading is reduced, and the melanoma is usually easier to treat. This is why it's so important to protect your skin, get familiar with your skin's appearance, perform regular **skin self-checks**, and learn **the ABCDEs of melanoma** to help spot the signs early. Talk to a healthcare professional like a dermatologist if you notice any unusual changes.



### Other factors that can impact your chances of developing melanoma

More than 1 million Americans are living with melanoma. Besides genetics and lifestyle, some factors that can increase a person's chances of developing melanoma include:

- Age (melanoma becomes more common as people get older, but it can also affect younger people)
- Personal or family history of melanoma
- Having many moles
- A weakened immune system (caused by certain diseases or medications)
- Certain physical characteristics (people with light skin, blue or green eyes, blonde or red hair, or freckles are more likely to develop melanoma)



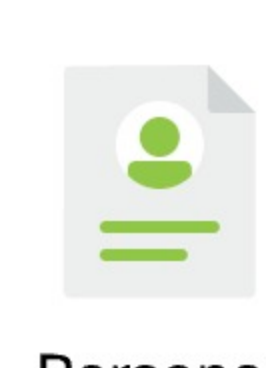
Age



Family history



Certain health conditions



Personal history



Certain medications



Certain physical characteristics

### How does skin color play a role?

While people with lighter skin are more likely to develop melanoma, people with any skin color can develop melanoma and other skin cancers. And people with darker skin are more likely to be diagnosed with melanoma at a later stage, when it can be harder to treat. This may be due to multiple factors, including that patients and healthcare providers may be less familiar with the typical appearance and location of melanoma on skin of color. People with darker skin are more likely to develop melanoma in locations that get less sun exposure, such as the soles of the feet, the palms, and beneath the fingernails. Learn more about skin cancer in people of color from the **American Academy of Dermatology Association**.



Lighter skin



Darker skin

## Keep in mind

This report **does not diagnose** melanoma. **Consult with a healthcare professional** if you are concerned about your likelihood of developing melanoma, have a personal or family history of melanoma, or before making any major lifestyle changes.



If you have already been diagnosed with melanoma by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing melanoma also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing melanoma and it does not include rare variants that have a large impact on the likelihood of developing melanoma.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

### How we got your result



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

#### ANCESTRY

- Ancestry Overview
- All Ancestry Reports
- Ancestry Composition
- DNA Relatives
- Order Your DNA Book

#### HEALTH & TRAITS

- Health & Traits Overview
- All Health & Traits Reports
- My Health Action Plan
- Health Predisposition
- Pharmacogenetics
- Carrier Status
- Wellness
- Traits

#### RESEARCH

- Research Overview
- Surveys and Studies
- Edit Answers
- Publications

#### FAMILY & FRIENDS

- View all DNA Relatives
- Family Tree
- Your Connections
- GrandTree
- Advanced DNA Comparison